

Smoking and Pregnancy



Tobacco Prevention
and Cessation

January 2022

Everyone deserves a fair and just opportunity to be as healthy as possible - free from the harm that commercial tobacco use can cause. Use of commercial tobacco products impacts even the youngest Hoosiers, as smoking during pregnancy can harm the health of both mothers and their children.

Smoking During Pregnancy in Indiana and the United States

- In 2020, 10.9% of Indiana residents smoked during pregnancy.
- Indiana's smoking during pregnancy rate has declined significantly in the last decade from 17.1% in 2010. Despite these declines, Indiana consistently has a higher smoking during pregnancy rate compared to the United States overall.
- Indiana's smoking during pregnancy rate is nearly double the U.S. smoking during pregnancy rate (6.0%*).

Risks of Smoking during Pregnancy

Smoking can impact every phase of reproduction. **When trying to become pregnant**, smoking can cause problems with fertility.

During pregnancy, smoking can increase the risk of several pregnancy complications, including:

- Low Birth Weight/Reduced growth
- Baby born too early/Premature Birth
- Ectopic Pregnancy
- Miscarriage
- Problems with the placenta

After pregnancy, exposure to secondhand smoke can increase the risk for additional complications for the baby including:

- Sudden Infant Death Syndrome (SIDS)
- Health problems due to weaker lungs

Benefits of Quitting Smoking

- If someone is pregnant and uses tobacco, it is never too late to treat their nicotine dependence!
- Many pregnant people are tempted to cut down the number of cigarettes they smoke, but ending their dependence on tobacco is the best thing to do for their pregnancy.
- The benefits of treating nicotine dependence can be seen immediately. After just one day of not smoking, the baby will get more oxygen. Pregnant people will also have more energy and breathe more easily.
- Seeking nicotine dependence treatment before or during pregnancy reduces many risks including premature birth and low birth weight.

Fast Facts

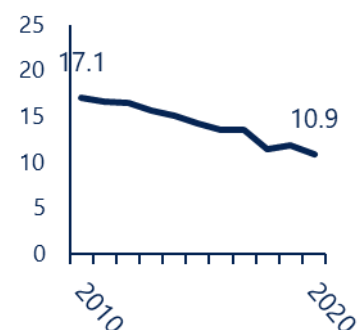
In 2020, **10.9%** of Indiana residents smoked during pregnancy.

Indiana's smoking during pregnancy is nearly **double** the US smoking during pregnancy rate (6.0%).

There were over **500 babies** born to Hoosiers who smoked during pregnancy in 2020.

Indiana's smoking during pregnancy rate has declined significantly in the last decade, decreasing from 17.1% in 2010 to 10.9% in 2020.

Percentage of live births to Indiana residents who smoked during pregnancy,



Indiana Tobacco Quitline Services for Pregnancy

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation treatment to help those that use tobacco. Those that are pregnant receive even greater level of behavioral support – 10 calls instead of four. The treatment plan is tailored to meet their needs, and the Quitline offers additional postpartum sessions to prevent relapse.

Percentage of live births to mothers who smoked during pregnancy, Indiana Counties, 2020

County	%	County	%	County	%	County	%
Adams	5.7 (L)	Franklin	13.9	Lawrence	22.7 (H)	Rush	22.1 (H)
Allen	8.5 (L)	Fulton	24.3 (H)	Madison	19.3 (H)	Scott	18.7 (H)
Bartholomew	14.8 (H)	Gibson	11.5	Marion	7.8 (L)	Shelby	15.2
Benton	13.4 (U)	Grant	28.2 (H)	Marshall	11.3	Spencer	9.3
Blackford	26.4 (H)	Greene	12.1	Martin	11.7 (U)	St. Joseph	7.7 (L)
Boone	6.2 (L)	Hamilton	1.2 (L)	Miami	19.6 (H)	Starke	21.5 (H)
Brown	10.3 (U)	Hancock	7.1	Monroe	12.2	Steuben	16.8
Carroll	11.9	Harrison	12.5	Montgomery	21.9 (H)	Sullivan	17.8
Cass	15.2	Hendricks	4.4 (L)	Morgan	16.6 (H)	Switzerland	25.4 (H)
Clark	9.0	Henry	23.3 (H)	Newton	17	Tippecanoe	8.5 (L)
Clay	20.6 (H)	Howard	16.2 (H)	Noble	12.5	Tipton	10.1 (U)
Clinton	17.5 (H)	Huntington	17.3 (H)	Ohio	15.1 (U)	Union	14.9 (U)
Crawford	32.3 (H)	Jackson	17.5 (H)	Orange	23.3 (H)	Vanderburgh	10.4
Daviess	9.4	Jasper	16.9 (H)	Owen	18.6 (H)	Vermillion	24.4 (H)
Dearborn	14.1	Jay	16.4	Parke	11.7	Vigo	21.8 (H)
Decatur	17.0	Jefferson	26.1 (H)	Perry	23.4 (H)	Wabash	22.5 (H)
DeKalb	15.5	Jennings	28.9 (H)	Pike	12.2 (U)	Warren	12.8 (U)
Delaware	18.1 (H)	Johnson	10.1	Porter	7.3 (L)	Warrick	5.8 (L)
Dubois	9.2	Knox	18.7 (H)	Posey	10.4	Washington	12.1
Elkhart	8.9 (L)	Kosciusko	12.9	Pulaski	21.7 (H)	Wayne	17.6 (H)
Fayette	20.9 (H)	LaGrange	5.4 (L)	Putnam	17.3 (H)	Wells	15.4
Floyd	9.8	Lake	5.9 (L)	Randolph	18.1 (H)	White	13.7
Fountain	19.4 (H)	LaPorte	16.3 (H)	Ripley	14.5	Whitley	12.8

The percentage of Indiana residents who smoked during pregnancy has historically been considerably higher than the national average.⁴ Smoking during pregnancy rates in several Indiana counties, however, exceed both statewide and national rates.

- In 2020, county rates ranged from 1.2% of pregnant people smoked during pregnancy (Hamilton County) to 32.3% (Crawford County).
- Of Indiana's 92 counties, 38 had a smoking during pregnancy rate significantly higher than the statewide rate.